49M Incidental Finding

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Adrenal Myelolipoma
Fat containing lesion + Pseudocapsule
CT Findings

- Fat attenuation (-30 to -90 HU): Fat within tumor is diagnostic
- Well-defined mass with recognizable pseudocapsule (remaining adrenal)
- Punctate calcifications (24% of cases)
- Coronals helpful to differentiate from exophytic renal angiomyolipoma
- Usually 2-10 cm
  - Larger tumors can bleed spontaneously
- Usually adrenal, but extra-adrenal myelolipomas occur
Adrenal Myelolipoma

- Uncommon
  - Autopsy prevalence rate of 0.2-0.4%
  - 7-15% of adrenal "incidentalomas"
- Benign, nonfunctioning adrenal tumor - mature fat tissue and hematopoietic elements (myeloid and erythroid cells)
- Unilateral
- Older: 50-70yo
- Etiology unknown
- Presentation
  - Asymptomatic: Usually incidental finding
  - Symptomatic: Flank pain due to rupture/hemorrhage; case reports of hormonally active tumors
- Biopsy reserved for larger, atypical lesions
- Rx:
  - nothing for < 5-7cm
  - Surgery for larger, symptomatic, atypical lesions
References

1. Statdx
